

Quick Breakfast Sandwich with Yogurt and Oatmeal

Start your day with a nutritious and filling breakfast sandwich paired with creamy yogurt and warm oatmeal. This meal is quick to prepare and perfect for busy mornings.



Sandwich

15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 slice whole grain bread
- 1 large egg
- 1 slice cheese (cheddar or your choice)
- 1/2 avocado, sliced
- Salt and pepper to taste
- 1/2 cup yogurt (plain or flavored)
- 1/4 cup oats
- 1/2 cup water or milk
- 1/2 banana, sliced
- 1 tablespoon honey (optional)

Steps

- 1 In a small pot, bring water or milk to a boil and add oats. Cook for 5 minutes, stirring occasionally.
- 2 While the oats are cooking, heat a non-stick skillet over medium heat.
- 3 Crack the egg into the skillet and cook to your preference (sunny-side up or scrambled), adding salt and pepper to taste.
- 4 Toast the slice of whole grain bread.
- 5 Once the egg is cooked, place it on the toast and top with cheese and avocado slices.
- 6 Serve the sandwich with a side of yogurt topped with sliced banana and honey.
- 7 Enjoy your warm oatmeal in a bowl alongside the sandwich.